Irish Life

medmark
OCCUPATIONAL HEALTHCARE

Coronavirus
**COVID-19**

# COVID-19 Rehabilitation Programme **Short Programme**

Run by Medmark Occupational Healthcare

In association with Irish Life

Dealing with COVID-19 can be a very difficult experience for some people. While many people recover in a relatively short period of time, some people will take longer. With this in mind we have created this rehabilitation programme and we are here to help with any prolonged symptoms.

How long it takes to recover from Coronavirus is different for everybody. Many people feel better in a few days or weeks and most will make a full recovery in 12 weeks.

For some people however, symptoms can last longer. The chances of having some prolonged symptoms does not seem to be linked to how ill you are when you first get the virus. People who had mild symptoms at first can still have continuing problems.

There are many symptoms which may be associated with COVID-19 and ongoing difficulties. Some people may be impacted by one or two, while other people may suffer from many. Some of the symptoms can include: fatigue; shortness of breath; concentration difficulties; feeling unwell; mental health problems and headaches. You may be suffering from other symptoms not listed here.

The rehabilitation programme is tailored to your individual needs and is designed to help improve the quality of your life and assist with your transition back to work.

## How does the programme work?

This programme consists of a number of steps involving a variety of treatment approaches.

**The initial assessment is carried out by an Occupational Health Physician who will explain the programme, addressing any concerns you may have and provide ongoing support to you.**

### Then the programme will cover the following sessions:

- Cognitive Behavioural Therapy (CBT)-3 sessions are a central part of the programme.
- 1 sessions with a nutritionist is provided.
- There are 6 attendances with a physiotherapist

### Ongoing Reviews and Support

- The Occupational Health Physician will review your progress.
- An Occupational Health Nurse will manage your appointments.

**The programme is individually tailored to your specific needs in consultation with you.**

## How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

## Why are Irish Life providing this service?

This rehabilitation programme is provided to help you improve the quality of your life and achieve a successful return to work.

## Where does the programme take place?

The programme is run from four different locations in the country – Dublin, Cork, Galway and Limerick.

## How does the programme begin?

If you wish to participate in the Rehabilitation programme, Irish Life will ask you to complete a consent form first.

This authorises Medmark Occupational Healthcare to contact you and arrange an initial assessment.

Our Rehabilitation Specialist will be available to discuss any aspect of the programme with you further.

## Confidentiality

Medmark Occupational Healthcare will only disclose information about you to Irish Life's Chief Medical Officer.

Reports from the programme will be used by the Income Protection Claims team in the management of your claim or to assist with early intervention management of your absence from work.

## We are here to help

For more information on this programme, please contact:

**Alan Connolly**
Income Protection Rehabilitation Specialist

**Phone:** 01 704 1802

**Email:** alan.connolly@irishlife.ie

**Shane Goggin**
Senior Manager

**Phone:** 087 980 6178

**Email:** shane.goggin@irishlife.ie


Coronavirus
**COVID-19**

Coronavirus **COVID-19** Public Health Advice

**Visit hse.ie**
For updated factual information and advice or call **1850 24 1850**

**Protection from Coronavirus. It's in our hands.**

HSE | Rialtas na hÉireann Government of Ireland


Information correct as at November 2021.

## Contact us


**Phone** **01 704 2000** | **Fax** 01 704 1905
**Email** code@irishlife.ie
**Website** www.irishlifeemployersolutions.ie
**Write to** Irish Life, Irish Life Centre, Lower Abbey Street, Dublin 1.



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